1/2

	Г			# G	8.		Ta	7		
FIGURE 1	T 2		Oletary and Electric advice	Consume tood products, such as for example vegetables and finit, a.g. outsitness and all military of vegetables.	Avoid consumption of increase communition of scurme of Nemblatch loop moduras known to (e.g. PAN) bard in for haboo Phaze il screegibi, class-gride of morbolism, e.g. and seed arrivand concilences and elium fech, vegetables.	increase contumption of bod products known to include Pinse ii included Pinse iii inclibrous and affan, fanity vegetables.	troveso consumption of the products former to traves Phone if metabolism, e.g. overteens and silem formly vegetables.	konase consumption of tool products known to riduou Phase II matcholem, e.g. conditions and altern family vegratables.	Consume bod products, such as for countries and fluid, e.g. countries and fluid, e.g. countries and define femility of respectables.	horses consumption of thou prouds boson to traden Passe if methodran of increas communities, principal communities, principal conference repossible such as broazed and method such as gaffe and family such as gaffe and can
	DATA SET 2		Foods and other materials to avoid	Reduce consumption of sources of Xendhictar (e.g. PAN) Unuril is, for exempte, chargilized red mest and emokad lest.	Avoid consumption of scurrate of Xerobictics (e.g. PAH) bear in for example, charge find meet and arrabed figh.	Avoid consumption of secures of Xerobiologics (e.g. PMI) thand in le- countries, chan-galled me seest and smotood fish.	Aveid consumption of increase consum sources of Kendholing food products for (e.g. PAVI) found is, for inches Phano II example, d'an-gries (methodist, e.g. martines and arroless (consistente and fort.	Avoid comunition of entering to Xendelochs of entering to Xendelochs (e.g. PAH) flued in for example, chenglish and mest and analoch fish.	Reduce cursumption of powerful (e.g. Procuratingers (e.g. PAN) found in for example, chargibal red most and smaked fight.	Avid consumption of sources of Nerobitions of Centrolists of Centrolis
	DATA SET 1	Genetic Susceptability ranking	Very Migh Birscandibility							,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,
			Allehorens Allehorens		YES		YES			YES
			Moderate Incruese in succeptibility			YES		YES		
			Morrael grepotpility	YES					YES	
			Reduces enecaptibility							
			Honorapace or betweenygote retails to wild type	Homosygna	Homongode	Heteropygobse	Nomezygole	Hearmypoles	Homozygub	Homozygote
			Links with higher rinks of exacer susceptivity				•			
			Links with Cascer susceptabilities	Coloracial urbary bladder, breast cost cavity, stomach, and lung centers	Coloracial, urbany checker, brans, coli casely, scornach, and larg cancers.		Colonicial, unimay blacker, unimay cardy, alconech, and lung carners.			Codes camber
			Polymorphisms	CypiAt-A (MBd type)	Оринс		Be-Vel projetrospinem		MAT1°4 (wild type)	UNTAND
			Gers Marter CYP				·	2. V.		
			Examples of Gase Types	Genes that code for ensymes responsible for the demofication of sendolicial Phase I						
	•		German Gens Marker Type Type I	·						·

2/2

Figure 2

20

Input Dataset 3 (Alleles Present in Subject's DNA)

Match Each Allele with Lifestyle Risk Factor from Dataset 1

Match Lifestyle Risk Factor with Lifestyle Recommendation from Dataset 2 10

> Cross -reference Lifestyle Recommendation with Other Factors (e.g. sex, existing diet) and amend recommendation as appropriate

Generate Lifestyle Recommendation matched to allele and other factors

Combine Lifestyle Recommendations corresponding to each identified allele

Personalised Lifestyle Advice Plan